

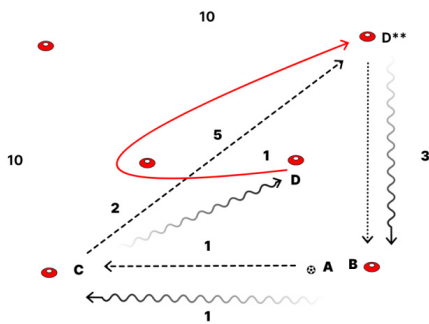
25 January 2023

Coach: Tom Sauder

U14s

Theme: Anticipation, Ball Control, Conditioning, Awareness

Time: 6:00 - 8:00 pm



Organization: 4 Players in 10x10 are

Description: Soccer Speed: Off Ball Movement

1. A passes ball to C and follows pass. At the same time D sprints around cone to receive pass from C at far cone.
  2. C passes to far cone so D receives ball at the same time he gets there. C runs to cone vacated by D
  3. D passes to B and follows pass to cone vacated by B, who restarts the sequence.
- It is important that D holds the run at the "turning" cone until C releases the ball to avoid off-side.

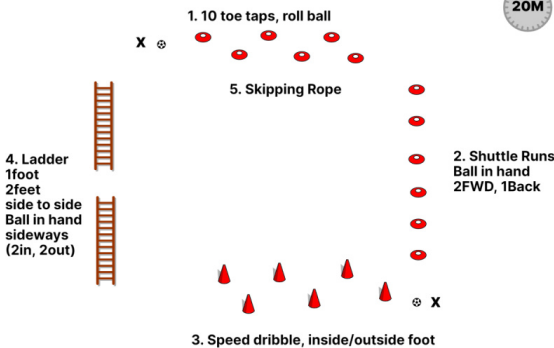
Coaching Points:

Timing and weight of passes are key. There can't be two players at a cone. Ball needs to move at all times. Players have to coordinate their run speed and passing weights/accuracy. Need to give them time to work it out.

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Conditioning Circuit 2

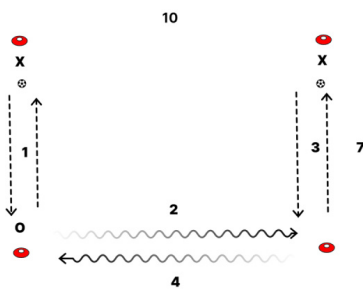


Organization: 2 Groups

Description: Conditioning Circuit 2

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Organization: 10yd x 7yd, 3 players per area

Description: Bounce Pass & Move

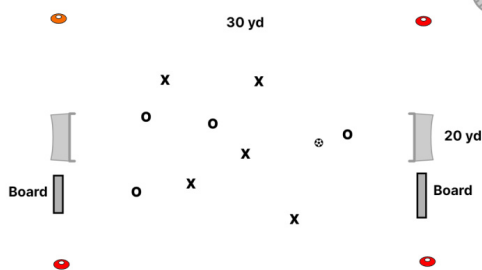
X passes to O who one touch passes back. After pass back O runs across to receive pass from second X and bounces back. Rotate through every 60 seconds.

Coaching Points:

X weights pass to arrive at cone at same time as O. O must sprint after pass. O must pass firm and to feet.

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Organization: 30x20 area. Two teams. Awareness pinnies & boards

Description: Awareness SSG: Cognition with coded pinnies

Each player has a white or red pinny. On each pinny is a shape (circle or diamond), number (1 or 2), letter (A or B). Example pinny is Red/Diamond/A/1. All pinnies have different combinations. By each goal is a board - goal 1: Red/Diamond/1/A, goal 2: White/Circle/2/B

Start game with red v. white. Red attacks goal with red board, white attacks goal with white board.

Call out any variable. E.G. Call "numbers" and all the 1s play v 2s attacking board on their pinny. On every call new teams form and play together. After 20 minutes play regular SSG Red v. White

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